Bluetooth Module:

There is two different kinds of Bluetooth, 2.4, 4.0 GHz. The 4.0 are better suited for our phones, whereas 2.4 is better served for communicating between two Arduinos.

If using 4.0 is suitable for your project use: https://www.sparkfun.com/products/13632
It is a breakout board for the Arduino, which has a lot of libraries to help you in addition to a nice app to control things via Android and iOS.

If using 2.4 is suitable for your project use: https://www.sparkfun.com/products/8665
You will need two in order to talk to each other. You can use Sparkfun's various libraries in order to program and get the correct signals you are looking forward. There are also other options with the Xbee where you can mount it to a breadboard as well.

Feel free to ask any of us questions on how these work!